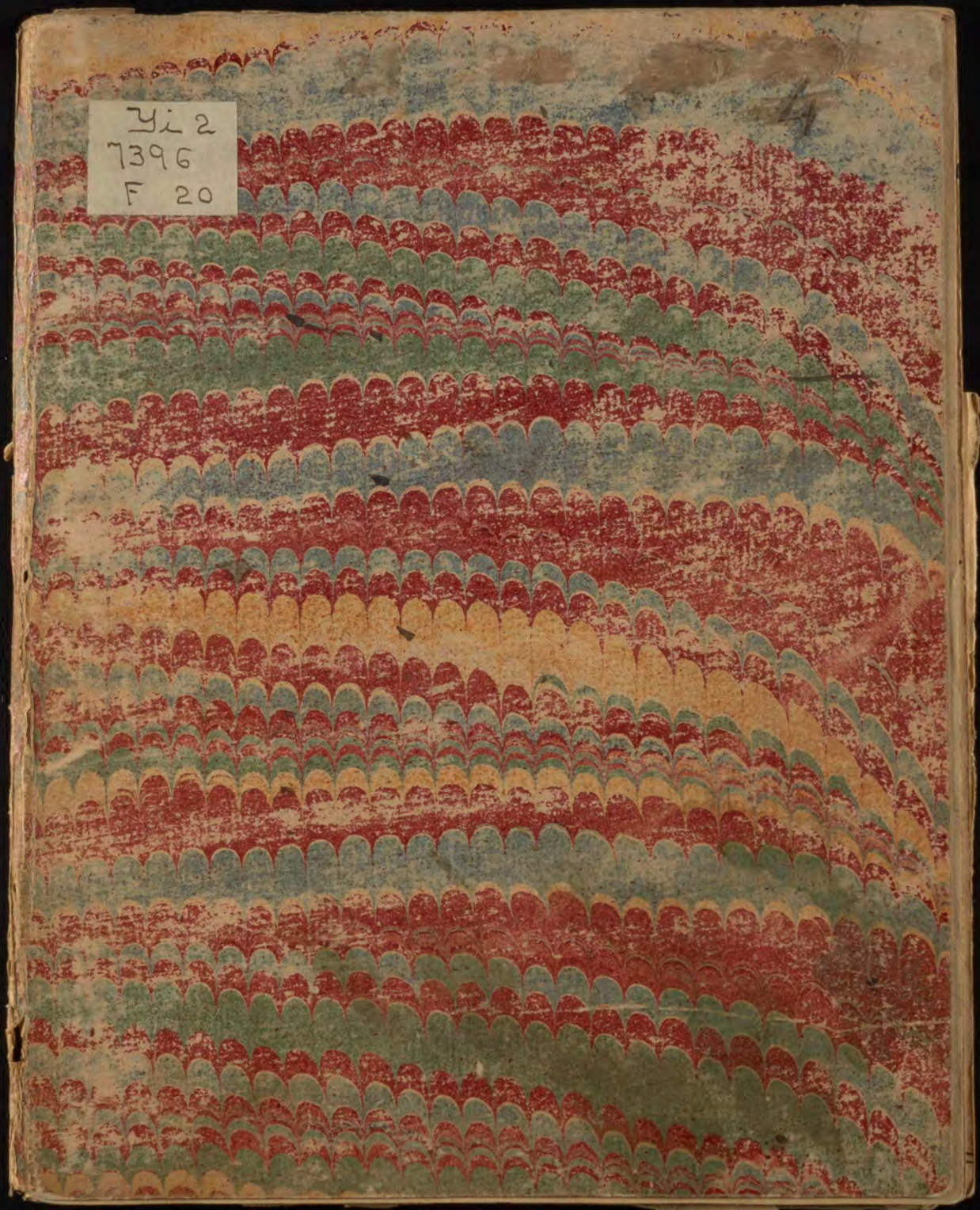
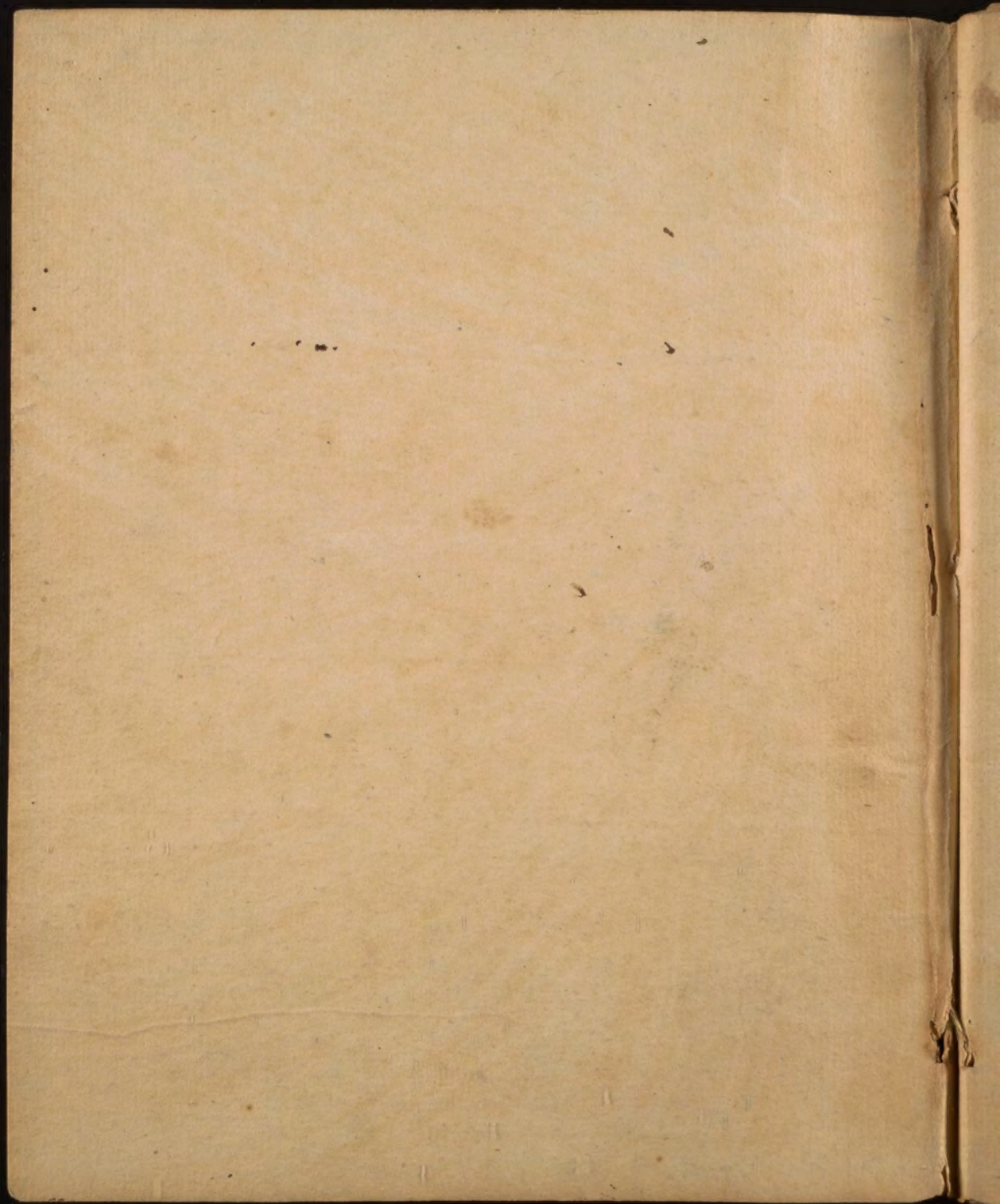


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Situations con ^d to	139
Change of D ^o	139
Darkness ———	140
Round Heavenly bodies	143
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veg: Aliment	177.

✓ Most of the cities in Europe
have been rendered healthy by
the same means, or by a strict
regard to cleanliness — and not by

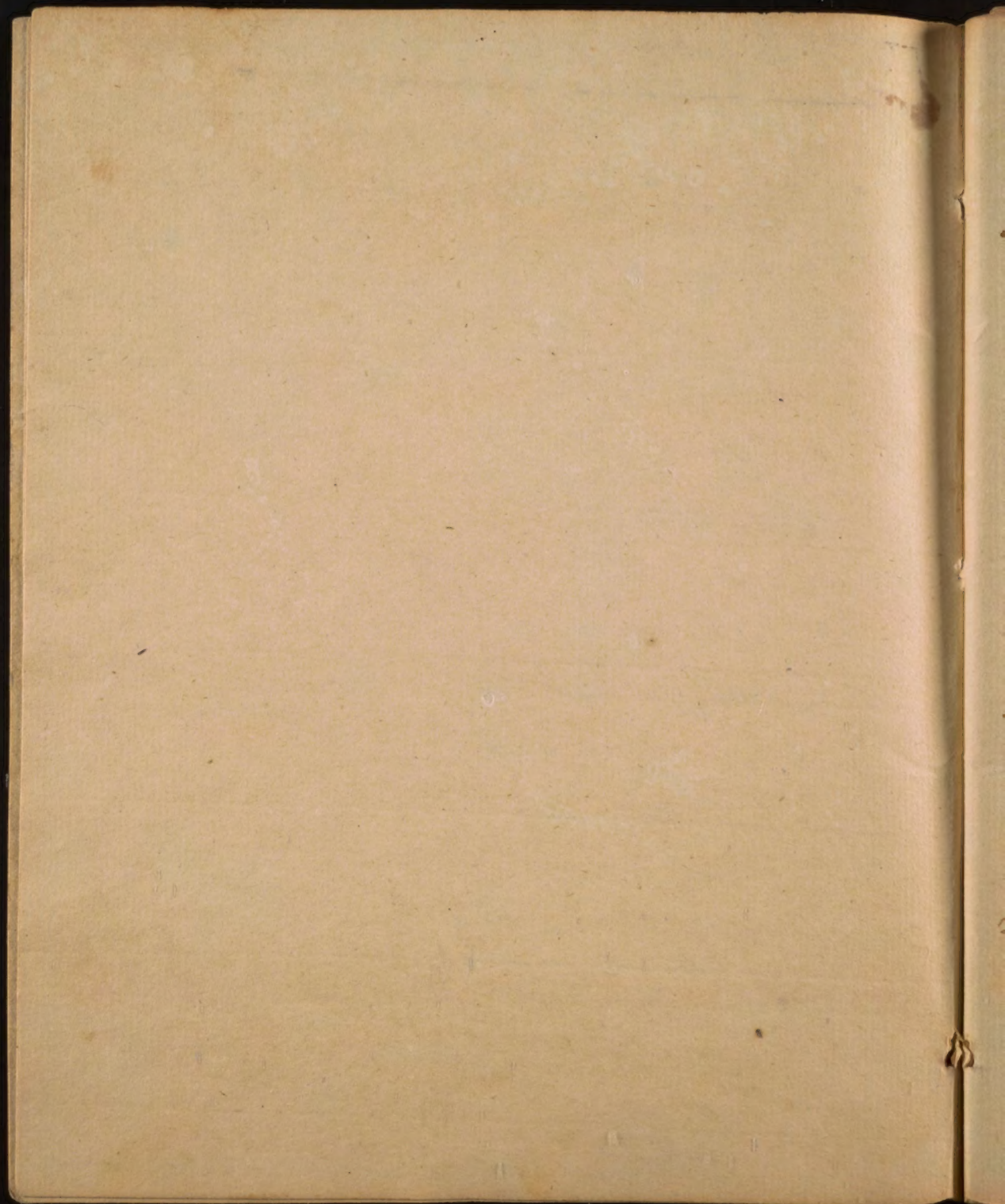
more or less connected the different situations
~~Island near to River~~

contained in Dr Daignan's table. The
 Town of Guaimari in South America,
 was once very richly from its vicinity
 to some marshy ground. It is now
 healthy - in consequence of the draining
 or cultivation of that marsh. V

I am disposed to call in question the
 accuracy and truth of some of Dr D:
 Observations - but upon a subject so
 difficult, perfection was not to be ex-
 pected.

He is ~~not~~ you see he agrees with
 me, ~~in~~ ^{the} in ascribing more health to
 Northern than Middle latitudes.

He is right in placing the greatest
 portion of Life in mountainous coun-
 tries. Here is no exhalation, and a
 constant supply of pure air. ~~from~~

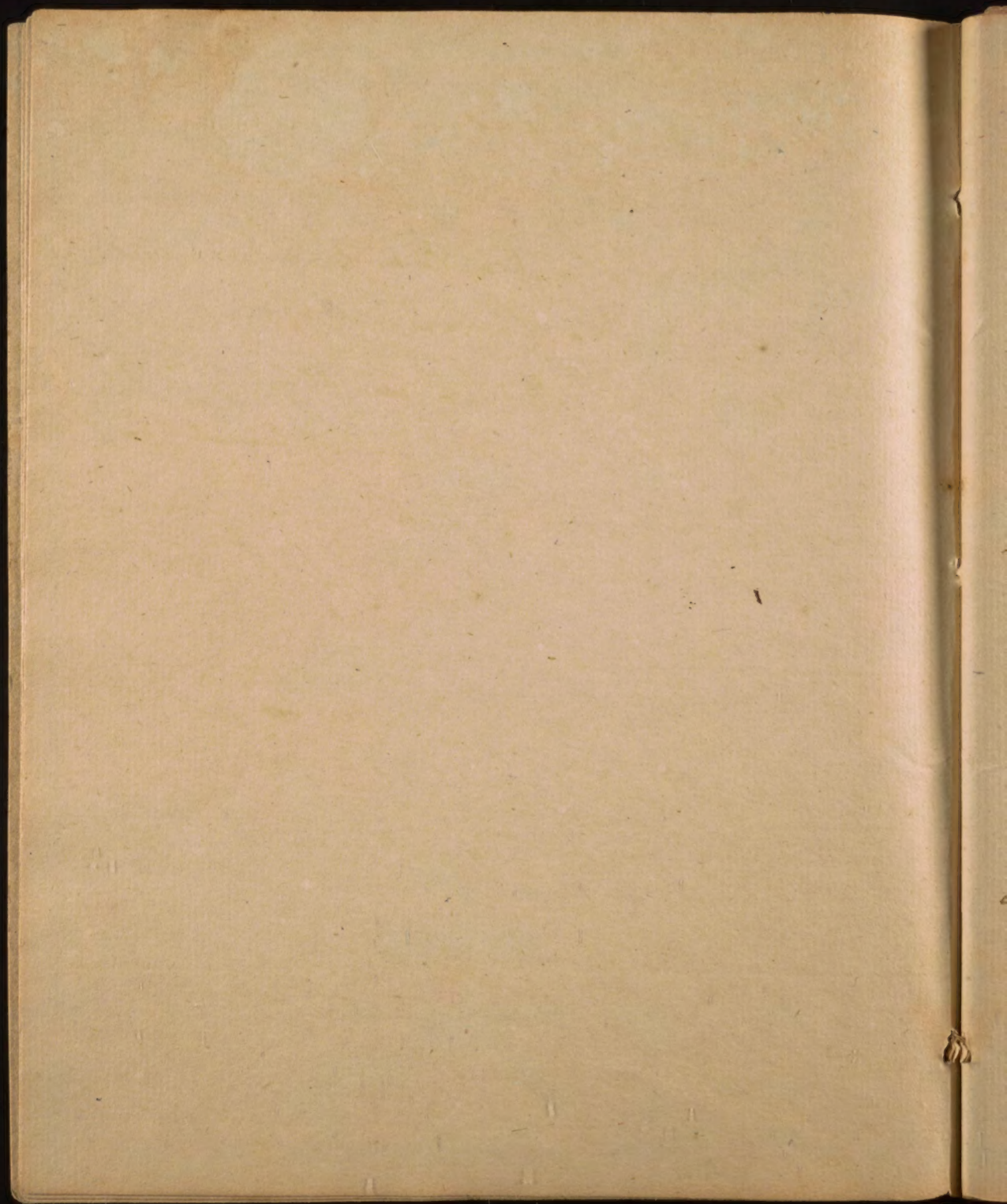


The chance of human life is justly rated very low [26 - 28 - & 21 - 23] in mines & quarries. — The air here is always damp, and frequently mixed with inflamm. and mephitic airs.

Islands [24. 26 - & 22 - 25] are unhealthy from being surrounded with water, they are subject to hurricanes — and ~~and sometimes~~ inundations which often leave a matter behind them w^h produce morbid exhalations. —

Flat countries [27 - 29 - & 30 - 32] are unhealthy from the disposition with rains have to stagnate, and to produce morbid exhalations.

I object to the unhealthiness of moist countries [21 - 22 - 23 - 24] especially in middle latitudes where no effluvia



are combined with the moisture. Where shall we find healthier countries than Great Britain & Ireland?

It is true the Sea Coast is unhealthy to persons who labour under inflamm³ complaints — But I can think Dr D. has placed its medium of ^{life} health too low [25 - 26 - 25 - 26] — The shortness of life here should be ascribed to the indolence and intemperance to which men are tempted ^{who} to acquire their subsistence without labor by fishing or hunting, and not to the unwholesomeness of the air. I have seldom seen a farmer thrive near the seashore or near a river. The ~~cross~~ water in these cases ~~runs~~ ^{kind} that his land affords him

An elevated situation 39-41 - & 30, 32,
is often healthy in the ^{vicinity} ~~vicinity~~ of the most
richly country. A gentleman ~~can~~ with
his house on an ^{in a high health} eminence will often
point at his richly neighbours' ^{lengths} houses
all around & below him. parts of
cities are healthy or unhealthy acco-
rding as they are more elevated. ~~that~~
~~North end of the~~ Lut: 5th 1792. Feb: 17th.

¶ I come now to say a few words
of the effects of a change of situation
in producing diseases. —

1 ~~Old~~ ~~prop~~ Persons who migrate
from one country to another freq:
contract fevers by it - especially when

such 139

so much food & amusements in
pursuing it, that his land-house
and every thing belonging to him
soon ^{exhibit} marks of negligence
& finally of poverty and ruin. v

I can say nothing of any
of the other Perversions mentioned
by D.D. from my own Observation. v

~~Light and Darkness are so nearly con-
nected with the air that it will be in-
proper to pass over them as remote causes
of Diseases. I have known two cases
of a head ache coming on ^{at} the rising
& going ^{off} with the setting sun. The glare
of light produced by a bed of snow on
the ground in Feb^y & March when the
days become long, often produces
inflammⁿ of the eyes. I once saw it~~

They pass from a cold to a hot climate.

Europeans who arrive in the middle states in the autumn are most subject to ~~this~~ fevers. But it is remarkable that they frequently escape it the first, & are affected by it the 2nd year after their arrival. It is called a Seasoning,

2 Persons who leave a healthy neighbor-
-hood exposed to malarious miasmas in the country, & remove into a city are sometimes attacked & recover. afterwards with a fever which they would ^{probably} have escaped had they remained in the country. ^{It arises from} It is difficult ^{my impressions on the system.} to account for this - until we are more acquainted with the products of a mixture of air.

✓ Old people who remove from a

#9 Contagious also, miasma, & affect by the animals as well as by human beings. It is also contagious, & affects all affected.

good —

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be done by calling in again the different operation of the sensible qualities of the Air. — I have observed them to be ^{universally} mild in some seasons, & in all seasons to affect different constitutions ^{with} different degrees of violence. — ~~It is~~ ^{owing probably to more or less} ~~It is~~ ^{oxygen in the Air.} ~~It is~~ ^{they resemble the Art of perpetuating} ~~It is~~ ^{faces & events by imitation, — for while} ~~It is~~ ^{some of them leave an impression} ~~It is~~ ^{on the strong Constitution — strong — as} ~~It is~~ ^{deep as mosaic work — Others — as may} ~~It is~~ ^{be compared from the fulbleness of their} ~~It is~~ ^{impression to a picture drawn in water} ~~It is~~ ^{colors. — Contagious affect persons of one} ~~It is~~ ^{country & not of another.} ~~It is~~ ^{Contagious often affect persons of} ~~It is~~ ^{one color only — as whites & not} ~~It is~~ ^{Indians in Florida in ^{the} yellow fever — a} ~~It is~~ ^{Indians & not whites at Martha's Vineyard.}

V It has been said ^{or very justly} that many of
the evils of this life are blessings in
Disguise. It is equally just that
many of the blessings of this life
are evils in disguise. This remark
applies in a peculiar manner to
Aliments & Drinks. We shall
therefore proceed in the order of our
Syllabus to inquire into the diseases
produced by them. — This

~~We come now to inquire into the influence of Aliments & Drinks in producing diseases~~ = This is an important

part of pathology - for ^{this} the mouth & feet ^{a greater proportion of} ~~more of our~~ ^{are} diseases ~~of the~~ ^{are} into the body than in any other way.

Of Aliments & Drinks

Aliments act by their quantity and quality in inducing diseases. I shall

begin with the first viz: Quantity
as it acts in the

The quantity of Aliment acts 1 By its influence in distending the stomach, and 2 by the ^{excessive} quantity of nourishment, ~~or matter~~ ^{or matter} it throws into the system.

The Stomach when frequently distended with too much Aliment loses its tone, and becomes dyspeptic, this disease

IV. ~~Acidity~~, and now and then to ~~Leucorrhoea~~. Of its effects in producing the latter, I have seen several instances. The digestion in this case is morbidly rapid, and the aliment passes with preternatural celerity out of the system. ~~Pharaoh's Cattle~~ ^{for some cases it produces sudden} ~~death from apoplexy of which there are~~ ^{fit}

any instances. The first ^{fit} of ~~the~~ the famous Baron Suedenburgh was immediately after eating a hearty dinner in London.

3
V But we sometimes see immense loads of aliment pass out of the stomach without including any disease unless preternatural channels may be called a disease. This arises from a morbid activity in the gastric juice which disposes it the food in with such rapidity as to render it unfit to nourish the body. I have seen several cases of this kind. The aliment passes out of the body in copious discharges by the bowels, ~~for~~ kidneys &c. The more such persons eat the more ~~and~~ they become, thereby resembling Pharaoh's Cattle which were lean and ill favoured after devouring all his fat Cattle.

involves the whole System in its weakness, and finally contaminates all the fluids of the body. It does most mischief when it is succeeded by labor or exercise. It frequently lays the foundation of two vile practices viz: Drunkenness and Smoking. - Wine & Spirits by their stimulus overcome the ^{weakness} ~~indolence~~ ^{depression} ~~debility~~ produced by the stimulus of dis-
tention, and thus give ^{some} relief. The Smoke of Tobacco & Snuff act in the same way.

2 Too much nourishment thrown into the System disposes to all the diseases of Plethora, particularly to ^{Obesity} palsy - apoplexy - ~~hemorrhages~~ ^{and} Dropsies. ~~The~~ The effects of an excessive quantity of ~~too~~ nutritious Aliment taken into the System will be varied by the degrees of indolence or

6 Jail fever

7 Dysentery
mal. & Scarl.

8 Intermitting fever

III. Mortality

1 Plague 4 out of 5 in London in 1665

~~1 Yellow fever 1 in 100 in West Indies~~

2 Dysentery maligna —

3 Small pox in the Natl way.

4 Measles

5 Dysentery Scapular

6 Jail fever — 1 in 100 —

7 Yellow fever 1 in 12 in Jamaica —

Blane - Jackson &c all say a most
mortal disease. By purging & V in
the beginning 1 - in 120 - afterwards
1 - in 20 - By the other practice all in
Dr Pennington & Dr Johnson's practice & half
in my own before I & V & in Dr Wise's prac-
-tice.

8 Influenza

9 common Bilious fever

10 Intermitting D.

exercise which cured it. men who
labor suffer less from eating too much
than those who lead idle or sedentary
lives. — A turn back

lapses.
Diseases are said to be best on by
eating too small a quantity of Aliment.
It may be so, - but I believe they are
~~except among Slaves~~
~~as uncommon as diseases from too~~
~~warm apparel in the Spring & Autumn.~~
what

It will be difficult to determine what quantity of food is too little to preserve health - till we settle the quantity necessary to support animal life. This must be different in different ages - different countries - different seasons, & in different constitutions. I said formerly that to be well required for a healthy labouring of man & woman - but for

4

~~vegetables~~
✓ ~~of smallness~~ But the quantity should
be regulated by the ^{quality} ~~quantity~~. ^{Let} the
meat than bread is necessary to support
life, and let bread than vegetables of
a less nourishing nature - and let ^{farina} fruit
than roots than ripe fruits. Chardin
tells us that a Persian will often eat
in one day 35 pounds of the water melon.

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four to six pounds ^{of common food} are ^{enough} for men
who do not labour. ✓ Dr Haller has given
a list of a great number of persons
who have lived upon a few ounces of
Aliment for many days - weeks. &
even years, - and he has added many
remarkable instances of persons who
have lived days - weeks & months ^{the} without
a particle of Aliment of any kind. But
this ~~defect~~ deficiency of Aliment was the
effect of a want of appetite produced by
a disease. Now a disease is generally
attended with a preternatural ^{action, from} ~~stimulus~~,
which supplies the place of Aliment
and in the stomach. This is evidently
the case in ^{some} ~~a~~ fevers. ^{From this} ~~The use of Aliments~~
it would appear that the Use of

For persons accustomed to live upon a definite quantity of Aliment, the least increase or diminution of it ^{of it of food & drink} produces Disease.

Lewis Cornaro lived 60 years upon $\frac{3}{4}$ ij of food & $\frac{3}{4}$ ij of Drink daily. — By adding $\frac{3}{4}$ ij to his food, & $\frac{3}{4}$ ij to his drinks he lost both his health & good temper, nor did he recover them till he returned to his former habits of living.

+ This has been proved by Redi. Those Animals that drank water, without food lived longer than those that ab-
-stained from both food & drink.

Aliment in Adults is not ~~so much~~
 to nourish the body, as to act in
 various ways in the manner formerly
 mentioned in supporting ^{by its stimulus} animal life.

In some ^{marked} cases related by Dr Haller in
 which life was preserved without food
 for weeks or months, it appears that

water was taken plentifully which
 probably washed out the acrimony from the
 fluids as fast as it was generated.

Where water was not drunk ^{in the} Dr

supposed it was absorbed from the
 air - ^{in confirmation} ~~for~~ of which he relates

the case of a girl who discharged from
 her to 6 pounds of urine every day,
 altho she drank during the day only

six ounces of water. V
 water is not inert, it has some nourishment. +



The diseases from a deficiency in the quantity of Aliment appear chiefly in three classes of people. 1 Children

2 Slaves, and 3 in certain persons under religion.

The influence of false opinions in Children while they

1 Children often suffer during ~~this time~~ ^{are on the} ~~of this time~~ breast from a want of

sufficient quantity of milk. The diseases bro't on from this cause are

Dysentery - Colic Hemorrhage - and Dropsical swellings. — But children suffer

beyond this period of life ~~from~~ at ~~colleges~~ boarding schools and colleges from a defi-

ciency of nourishing Aliment. The

late Mr. Wooster used to ascribe his small stature, and delicate health wholly to his being starved when



a boy at School. I have heard many facts of in the history of boarding schools which both in Britain & this country, that satisfy me that many young people contract the seeds of many diseases of debility from being deprived of a sufficient quantity of Aliment in institutions.

Those unnecessary receptacles of fraud & tyranny, - where more vice is engendered (added to the production of bad health) I believe exceed among both sexes than in the same number of Sails in any Country in the World. ~~where an abolition~~

2 Slaves often contract the predisposing causes of diseases of debility from the want of a sufficient quantity of food, or of food of a quality proportioned to the labor exacted from them. Hence the



frequency of Stomach complaints among
 them - of the weakness of the men: apper-
 -tite - of their unfruitful marriages -
 and of the shortness of their lives. [I
 speak only of the Slaves in the West
 Indies. In the Southern States of America,
 I have ~~heard~~ ^{heard} of no Diseases ~~are~~ ^{are} from
^{a defect of Aliment.}
 that ~~arise~~ -]

The allowance of a galley slave is
 thirty ounces of veg. Aliment - viz
 26 of bread, and 4 of Beans. -

~~3 men of all religions~~

I am disposed to ascribe the
 debility of the bodies and minds of the
 inhabitants of Turkey & China in a
 great degree to their scanty Aliment.
 - what strength can be expected
 from a man's eating only 36 of

v The monks often reduce themselves
by low diet. This reduced size is called
"minutio monachi".

Dates - Olives - or Butter with in a day.
 & this is the diet of the slaves of the
 Syria in the Turkish empire, or of
 Rice, & this is the daily sustenance of a Chinese peasant.
 3 Abstinence from the usual quantity
 of food appears to have been a part of
 all the religions in the world, but it
 has often been carried to such an ex-
 cess, by the weak and superstitious of
 all religions as to produce diseases. V

From speaking of the diseases bro't
 on by too small a quantity of Aliment,
 we are led to speak of the morbid effects
 of Famine on the body

It accumulates the excret^{ions} of the system.
 It excites great pain in the stomach,
 and ~~disposes~~ ^{disposes} bile to flow into it, & it
 disturbs the gall bladder wth bill some-
 times bile is effused in great quantities

+ Procyon de bella Goth: of the two.
-ans.

is absorbed & diffused ^{the} skin +
into the stomach - it banishes sleep -
the mouth becomes excoriated - ^{the} all
urine, & all the other excretions even
the milk become acid - the breath

becomes fetid ^{& irritating} - of this Dr. Traubner
used to tell a story of ^{the} famines
- told a conformity to our Saviour in
fasting 40 days. During this time he
visited the Doctor, & ~~in~~ in convening
wth him, the Dr. says his breath was
not only intolerably offensive, but y:
its acrimony drew tears from his eyes.

- All these symptoms of famine are
succeeded by hemorrhages from y^e stomach,
bowels and nose - the famer swell &
Delirium and mania close the
melancholly scene -

I ^{formerly} mentioned the effects of



extreme hunger. It is astonishing to
 observe what changes it induces in the
 appetite prompting persons to devour
 greedily the most putrid & indigestible
 Aliments. Cressel in his Acc^t of the
 Shipwreck on an Island near $\frac{1}{2}$ mouth
 of the river St Lawrence speaks of a broth
 made of a pair of ^{Leather} buckets boiled in
 water. But what was this meal com-
 pared with ^{men devouring themselves} the women devouring their
 own children ~~soon~~ when impelled by
 the extremes of hunger?

It is remarkable that hunger con-
 cerns the strength of some animals,
 particularly the Lion. This animal
 eats 40 of flesh a day, and is uneasy
 when deprived of it. Small degrees of
 hunger I believe produce ^{strength &} exertion

hunger

✓ Now shall we account for this
proportioning this strength & exertion? stimulus of
~~fast~~ - I answer by the desire of food
& of life which is connected with it,
acting upon the accumulated excita-
-bility of the system. The effects of ~~fasting~~^{by}
upon devotion may be explained ~~upon~~
the same principle. ^{It conveys the vigor of activity} ~~It~~ I shall hereafter
of all the faculties of the mind. ~~I~~
apply this principle in a more extensive
manner in explaining certain operations
of the mind.

in men. hence the saying that "Hunger
breaks down the walls". Scotchmen
the Duke of Marlborough used to say
~~are said to fight best when hungry -~~
and Dampier ~~say~~ informs us that
in recruiting soldiers
~~the most voracious~~ in Turkey, they
always prefer men of the most acute
and voracious appetites. ✓

We proceed next to ^{morbid} ~~of the~~ ^{of the} effects
which arise from the unwholesome
Quality of Aliments.

Man was made ~~with power~~ to ac-
commodate to ~~his~~ every Species of Aliment,
but the cases in which men enjoy
perfect health who live only on one
Species are but few compared with
~~the cases which are on record of disease~~
~~these which are upon record of disease~~
being produced by it.



I shall begin with the diseases pro-
 -duced by animal food. — and
 as fish appears to have been the
 first animal food of man I shall
 first mention its effects ^{upon} ~~of~~ ^{go to p 172 =} ~~the~~ body.

[Many nations
~~These diseases~~ live upon fish alto-
 -gether. Some from necessity, — as the
~~northern~~ nations who inhabit the
 regions of the north where ~~the~~ a deficiency
 of vegetable food ~~for~~ ^{raise} ~~animal~~ renders it
 difficult to support ~~animal~~ ^{animals} ~~and~~
 to support life, — ~~from~~ others from
 indolence, as the nations of Africa
 where the enervating heats indispose
 the natives to the labor of raising



provisions by cultivating the earth,
and some from religious temples,
particularly a certain sect of Christi-
-ans who suppose so very absurdly
that our Saviour eat no other kind
of animal food.

Fish contains but little nourish-
-ment, and hence men become weak
who eat nothing else. It is said to
open the universal appetite. Hence
the Advantage of making it the prin-
-cipal part of the diet of Gunnarick
monasteries. ^{By a wise provision of the}
church of Rome it ~~is the~~ composes the
diet of Lent in all Catholic Countries.

~~[It were to be wished that this institution~~
~~of prevailed in all Countries, and~~



among all Sorts of Christians. The
 Advantages of it are twofold. ¹ It
 supplies a wholesome aliment du-
 ring that Season in which Animals
 afford the wholesome food ² - for then it is then
 their milking time, and ² it affords
 Aliment of the least stimulus to
 man at a time when he is most
 disposed to excessive or unlawful
 venereal pleasures. I

= The diseases from a diet ^{wholly} of fish
 are the Itch - a Change in the color of
 the Skin - Lice - the Leprosy - malignant
 Ulcers - and fivers of a ^{malignant} kind. It
 is remarkable that Animals which
 feed on fish - afford a varied, and



fluid fat - unpleasant milk and
fatted disagreeable flesh. — The Roe
of fish is the most apt to produce these complaints.

The Diseases of a diet consisting
wholly
of animal ^{food} ~~diet~~ alone are fatted

Sweats and Urine - Itching in the
Skin - Leprosy - Dysentery -
malignant fevers - hemorrhages - and

the Scurvy. That ^{fresh} animal food alone

will produce the Scurvy was proved
in this country the year before last.

A number of American & British
Soldiers were driven suddenly into a

fort where they had nothing to eat
but fresh meat for several weeks,

They ate ~~the~~ ⁱⁿ consequence of which
they all became highly scorbutic.

✓ Animal food produces these effects avoiding
as animals are herbivorous or carnivorous.
The last one ~~is~~ ^{is} disposed most to the
diseases ^{as} have been mentioned. Old animals
more apt to produce them than young - having
more completely put off ^{of} ^{of} vegetable nature,
~~animal food affects the body more~~
~~or less according to the same~~
and become more completely unanimalized,
from having stronger digestive & chyliferous
organs. ‡ It is more probable it was forbidden
in order to prevent the Jews eating with their neighbours
and ~~and~~ ^{and} contracting their heathenish ^{pleas}. Both!
§ These appear to be a material
difference between the effects of the flesh of
domestic & wild animals in producing
diseases. The Indians ~~and~~ ^{and} are exempted
from all the effects the diseases I have
mentioned while they live exclusively
upon venison, & I have heard an intelligent
Indian Trader say he had lived 6 years
upon Buffalo flesh & water in the northern
parts of Canada, in perfect health. Dur-
ing the whole time he never longed for
a change in his diet, nor any other food.
~~make~~ ^{add} that he had known several

This fact was communicated to me
by Dr Morgan who was ^{then} surgeon to
the troops that were confined in the
fort. ~~But~~ ✓

Different kinds, & different parts of
animals produce all these diseases in
different degrees & in different times.

Pork and
Meats especially fat are most apt to
produce them soon & in the worst degree.
Some Divines & pathologists tell us it
~~was~~ ^{is} because Hog-flesh possessed
those qualities in so high degree that
it was probably forbidden to the
Jews. All its unwholesome qualities

were increased by the heat of the
climate of ancient Judea. ^{But it has}
proved not to produce those effects in climates equally warm.
In reviewing the history of
Europe during the ^{two or three} last centuries

Canadians who had lived 30 years in good health upon the same simple ~~Indian~~ diet. The Country around the place where they lived was so barren as not to produce a single vegetable, & they were too remote from the settlements in Canada to import them. I run home up strength on wild than ^{Domestic Animals}. The Indians eat the ^{wild} people in ^{abundance} but not in ^{the} ^{city} ^{country}.
Again - Animal food - produces diseases when too much exercised before it is killed, or kept till it is putrid after being killed. Of the bad effects of the former, there occurred a well-known proof some years ago in New-Hampshire. A farmer who had overworked an ox in the time of harvest killed him, & sent him to market. Of 24 persons who ate of him, 15 died of Stomach & Bowels complaints.
turn back to = p. 174

we are struck with 175
a material change has taken place
both in diet & diseases. — Before
the 15th century, fish and flesh con-
stituted the principal parts of
the ^{diet of the} inhabitants of all the European
nations. Since the numerous accounts
we read in the history of those times
of ~~the~~ ^{the plague,} the diseases of the skin particu-
larly the Leprosy & Elephantiasis.
many hundred hospitals were erected
for the exclusive uses of persons labor-
ing under ^{the two last of} these diseases, & many thou-
sand persons in many nations were
imprisoned in them. With the revival
of learning - religion & liberty in
the 16th century, ^{an new era was} ~~Agriculture was~~



opened in Agriculture, and the ~~former~~ ^{vegetable}
 productions of the earth began to
 constitute a ~~part~~ part of the food of
 man. From this time those ^{fatal} loaths-
 some diseases ~~of the kind~~ ^{it} began to
 decline in Europe, and is very re-
 markable, that in proportion as
~~the~~ ^{abundant} vegetable productions ~~of the land~~ ^{have been}
 increased by Agriculture & Horticul-
 -ture, these diseases have gradually
 disappeared, so that at present they
 are hardly known in any of the civili-
 -zed parts of Europe. For a number of
 curious facts on this subject, I refer
 you to the notes in the 1st vol: of Dr
 Robertson's Charles the Vth. —

and first I shall remark that
a sudden change from animal
to veget. diet is productive of disease;
from the gastric juice burning from
the flints which form it like the
gastric juice of Carnivores
animals which acts but subtly
on vegetables.

of the ~~Effects~~ ^{Effects} of vegetable diet.

Many nations have lived, ^{and} ~~and~~ still live wholly on vegetables.

These nations inhabit ~~the~~ ^{many} temperate or warm latitudes, and use but little labor or exercise.

[Vegetables differ in the degree of nourishment they afford. The Cornelia afford most. They consist of two parts viz a glutinous, and a Starch like substance. The Gluten of wheat, and several other grains is supposed to approach near to animal food. It resembles the coagulable part of the blood in some of its properties.

Fruits and roots are nourishing

v Green and fruits corrode the teeth,
and ripe fruits often produce Dysentery
& Colic morbus. - The Stones of fruits
swallowed produce Colic - and death.

U The monks it is said when they
begin to feel the effects of their reduced
Diet, are more greivous than
at other times. - After the Diet has
been continued a good ^{while,} ~~long~~, it ~~restores~~
tranquillizes the temper.

1785

in proportion to the quantity of Sugar
they contain.] ✓

a Veg. diet has the following effects on
the mind. It ^{improves the temper &} produces mildness.

Notwithstanding Nations & many in-
dividuals have enjoyed good health on
a diet simply vegetable, yet in general
it produces the following Diseases.

1 Hemorrhagical weakness, & at first ex-
-ibility of body & irritability of mind. ✓
2 ~~Acid~~ Dropsical swellings especially
Anasarca. —

3 Dyspepsia, ^{tho} in all its symptoms of
flatulency - acidity - Dysenteria &c.

4 Dysentery. Herodotus relates that
the Army of Xerxes in retreating from
Greece were affected with this Disorder
from ~~not~~ ^{not} being wholly on Grain.

5 a Deficiency of the Ven. ^l Appetite.

the exclusive use of get^{les} for food
✓ ~~suggestion~~ ~~by~~ recommended, it as
not only more favourable to ~~man's~~
health, but to morals & religion. They
are differently ~~viewing~~ ~~as~~ they ~~could~~ ~~in~~ more or
less. It lessens the heat of the human air
by nourishment. The Arealia, least-fruit
body. The Black merchants who live
most fruitful.
in India, are remarkable for always
having cool hands.

7 It lessens the fire ~~as to~~ ~~loss~~ of the
human body. Bangs says the Chinese
who live chiefly on vegetables are of a "slender
habit of body" of a "pale appearance"
& not having the "glow of health". "No
eye has seen such scare crows" as
Halsdoff says. turn over to V =

This Dr Waller says he experienced after
having ^{lived} for some time exclusively upon
Vegetables. It appears still more evident
from the experiments made by Dr Flink
upon himself.

6 A diet exclusively vegetable lessens the
heat of the human body. The black men
-ments who live in India, and who
live only upon vegetables are remark-
-able for always having cool hands.

7 It lessens the size of the human body.
Mr Barrow tells us the Chinese who live
chiefly upon vegetables are of slender
habit of body, of a sickly appearance,
and have not the blush of health."

"no eye" he adds in the words of
Falstaff in Shakespeare, has ever seen



such Scarcities!"

Besides the effects of vegetables used exclusively in diet, ^{that have ~~been~~ been} ~~that have been~~ been mentioned, some of them produce peculiar and specific ^{most} effects. Thus Cabbage brings on indigestion, - beans are flatulent, Chestnuts when eaten green bring on venereal debility. The last Article, ^{constitutes} ~~of~~ the Diet of the poor people in France at a certain Season of the year, at which time Cabanis tells us the priests complain they are universally dull & slow of Apprehension to religious instructions. many ~~sorts~~ of the diseases that have been ascribed to the Use of vegetables were very common ^{in England}. After the publication of Dr Cheyne's works, who recommended this Use as favourable not only to ^{healthy} ~~weak~~, but ^{to}



moral & religious. The convents to his system
were known every where by their pale
faces, and were often pointed out in
company as ^{or} "vegetable men".

Vegetables produce diseases arising
as they ^{are destitute of} ~~contain~~ more or less nourishment.
The Lemnaria, or grains are least unwhol-
some when eaten alone, and fruits the
most so. They are most apt to disorder
the stomach and bowels.

Sometimes all the different kinds of
grains, roots and fruits ^{contract} an unwholesome
quality from the weather particularly when
it is unusually wet or moist, and ^{this} spread

disease over whole cities & countries. Dr
Tourville mentions an Epidemic in France
in the years 1749 & 1759 that was induced

V In the report of the Diseases of the
Westhaven Dispensary in England which
I lately rec^d from my contemporary at
the College of Edin^g. There is an Account of
an Epidemic dysentery ^{in that town & its vicinity in 1807} induced by eating
potatoes dug prematurely in order to pre-
vent their being destroyed by an unusual
fall of rain.

F I have suspected that the Spotted
fever which has lately prevailed in the
Eastern States is the offspring of ~~unwholesome~~
^{It seems to arise at}
-some aliment. The ~~stomach~~ ^{is} ~~above~~ ^{are} seems
those seasons in which there are ~~no morbid~~
^{probably} ~~no morbid~~ matters floating
in the Air.

by two successive crops of Rye that had
been wetted & which rotted in its husk.
It produced convulsions & sudden death
in many cases, and a disposition to what
the Dr^s calls a dry gangrene in the limbs.
The wheat is liable to many diseases
which show themselves in a variety
of forms in the human body. Many
facts upon this Subject are taken notice
of by Dr. Fluxharn in his epidemics,
and some are mentioned by Dr. Sydenham
in his treatise upon the diseases of
minors. ✓ A whole family in Chester
County, ^{in this State} was made sick by eating bread
made of wheat that had been damaged
by the wet weather in the year 1804.
In the history of the weather & seasons,

V The plentiful seasons ^{in fruit} the Rev D Spruklen-
berg info of Lancaster ~~in this state~~ informed
me after 30 years observation, occurs every
4th year. ~~They are~~ in Pennsylvania.
They are preceded by two moderate years
and succeeded by a scanty year. The
Summer and Autumn of 1810 & 1811
verified this observation. Fruits of
all kinds were abundant in the former
& scanty in the latter year.

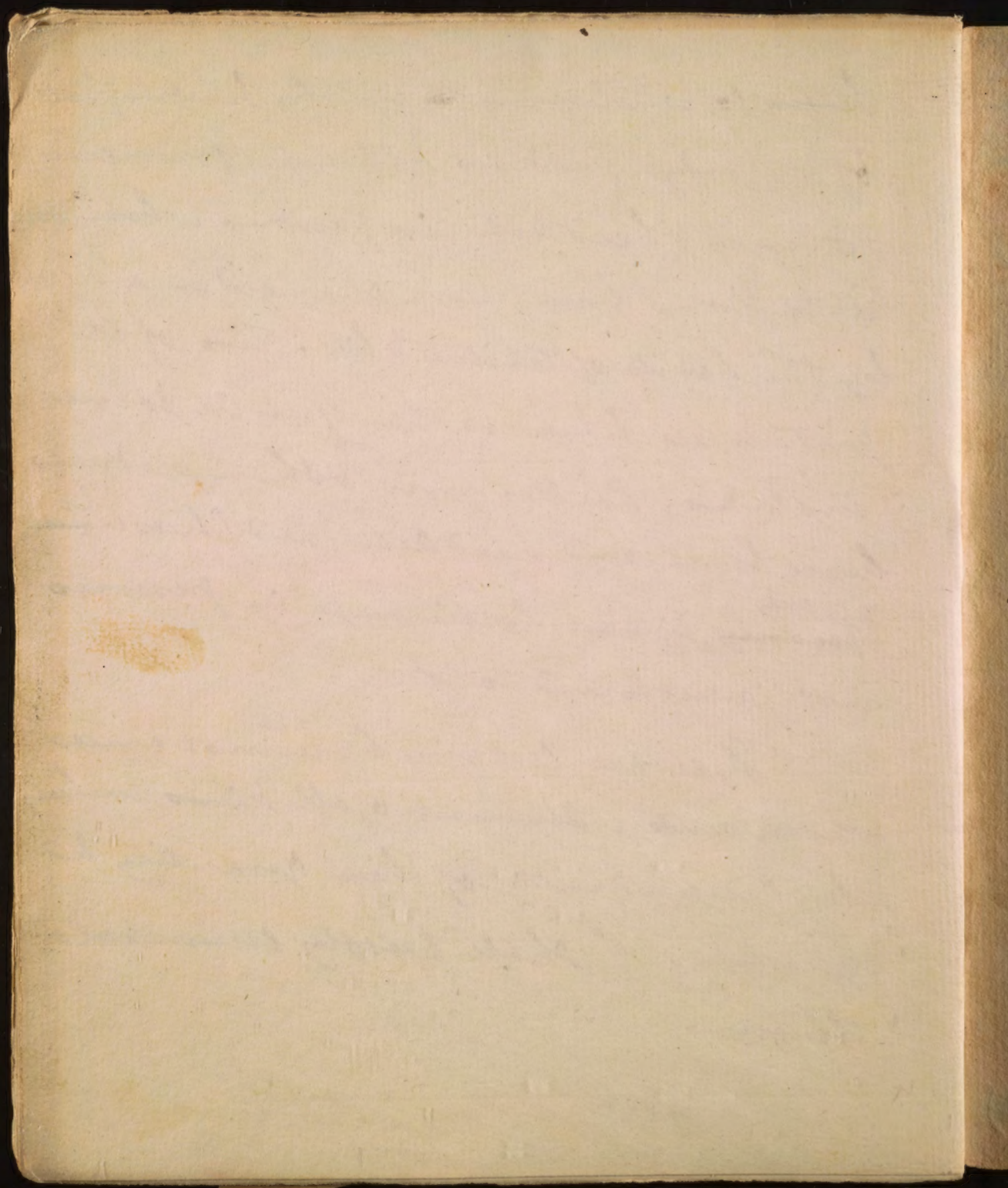
it is of great consequence always to
consider the nature of the vegetable pro-
-ducts of the year both as to quality &
quantity. Their influence upon health
did not escape the poet Horace. He
comments ^{Summer &} ~~on~~ Autumn fruitful in
Apples, with a richly season. His words
are "prouisio grave tempus Anno".

The Summer & Autumns of the year
1804 and 1820 in ^{some of} the ~~middle~~ States furn-
-ished striking proofs of the conse-
-quences of the poets remark. #

There is one species of Aliment which
belongs neither to Animals nor Vegetables
which sometimes induces disease, &
that is Witch. This food in its ~~simple~~

~~But~~ so wholesome to in the simple state
of the body, produces sickness, & various con-
-ditions, & head ache, in persons whose con-
-stitutions have been changed in a degree
by the habits of civilized life. Two of its
products are likewise hurtful in some
instances. Butter now & then produces
heart burn and head ache, and Cheese ^{is} ~~is~~
^{apt to} ~~presently~~ induce costiveness in persons
not accustomed to it.

There are certain circumstances
which render Aliments of all kinds unhealth-
-fuly independantly of their quantity &
quality, I shall briefly enumerate
them.



Animal

V A sudden Change from ~~Vegetable~~
to veg. or veg. to Animal food is
productive of disease, in the former
Case from the gastric juice becoming
so changed by the fluids which furnish
it of the same nature as the gastric
juice of ~~gastric juice~~ Carnivorous
Animals. We know acts but feebly
upon Vegetables, & in the latter
Case from the gastric juice being
so changed by the veget. matters that
from it as not to act upon ~~an~~
Animal food with its usual ac-
tivity & effect.

